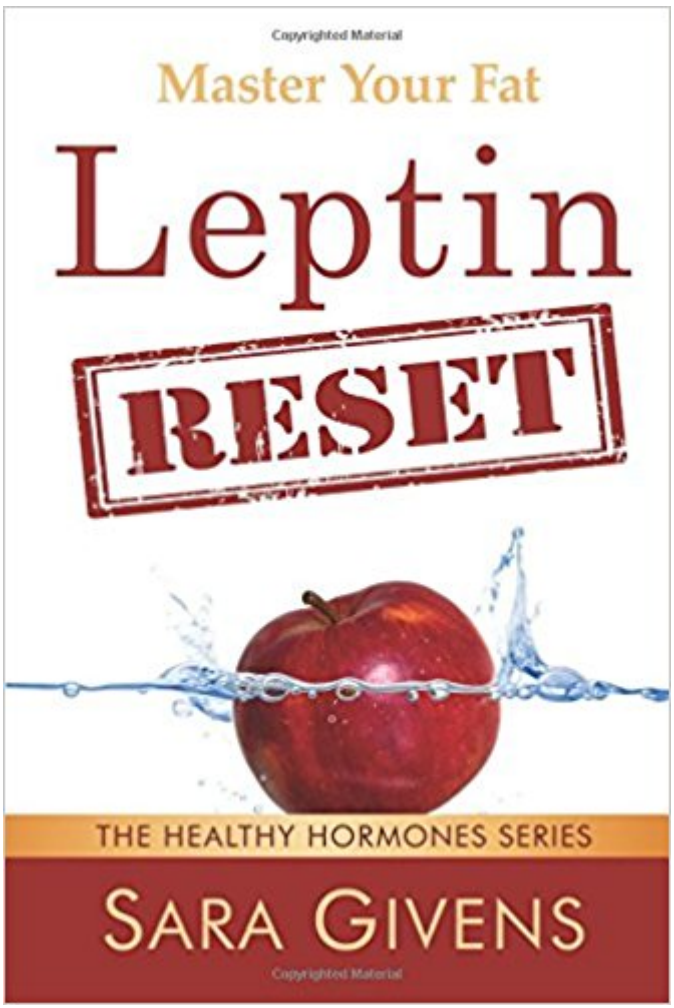
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Leptin Reset: 14 Days To Resetting Your Leptin And Turning Your Body Into A Fat-Burning Machine (Leptin Resistance, Leptin Diet, Hormone Reset Diet, ... All Grain, Ketogenic Diet, Atkins Diet)




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Synopsis

Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine Into First Gear Again Has Your Fat Loss Stalled Even Though You've Cut Your Calories Even More And Work Out Harder Than Ever? Leptin could very well be the most important hormone you have never heard about when trying to reach your fat loss goals. If your goal is to lose fat, get lean without killing yourself then it's time to get your Leptin levels in order. The longer your body stays in a calorie deficit, the more your leptin levels and metabolic rate decrease. It's a catch-22 situation. It doesnÃ¢â ¬â„¢t matter how much you increase your exercise or decrease your calories, if your metabolism slows, then all fat loss stops. Conversely, if you constantly eat above your caloric maintenance levels, then your body can become leptin resistant making it harder for you to lose fat. IsnÃ¢â ¬â„¢t It Time You Became Smarter Than Your Fat? If you want to win the fat loss game, youÃ¢â ¬â„¢re going to have to outsmart your fat. The Leptin Reset is specifically designed specifically to combat leptin resistance by using specific combinations of hormone-balancing foods to get your hormones working for you again instead of against you. Here's what you'll get: A 14-day kick-starter program that can help you get your fat loss back on the fast track. An easy to follow meal plans that keep your leptin levels balanced and happy Delicious Recipes that are rich in hormone healing foods and powerful phytonutrients, that makes the program a breeze to stick to. The 3 foods you should never eat when it comes to healthy hormones... The long term effects of leptin resistance and how they effect your overall health and happiness The 4 clear signs that you are leptin resistant The most common ingredient found in foods that throws your leptin levels out of whack Much, much more! The sooner you get your leptin levels managed, the faster you can begin showing off your new lean body!

Book Information

Series: Leptin Resistance, Leptin diet, Hormone Reset Diet, Grain Brain, Against all grain, Ketogenic Diet, Atkins Diet
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Customer Reviews

A great read. If you've been trying to lose weight and seem to be doomed to carry the extra pounds around forever, you should read this book. It has some really easy to make recipes and menus. You'll be amazed to discover how even the "healthy" foods we eat may be sabotaging our efforts to lose that spare tire. It also breaks down the mystery behind the hormones that control hunger, sleep and our ability to burn calories.

Love it

I love with weight loss books, that there are recipes included in the book. I did not know what Leptin resistance was until now. I like how the book explains Letpin resistance and now you can reset your hormones so you don't lose weight. You can eat foods that can reset your body so you can lose weight and feel great. I am glad how the author fully explains what Leptin resistance is and how you can reset your body to help you lose weight. I like the well written and well organized book. I am glad that I purchased this book.

This is a good book. It was a quick read. I obtained information that I had not known. Thanks

Not worth the money

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